



40 Gymnasio Komotinis, Komotini

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C3 – CHEMISTRY IN

TRADITIONAL COOKING”

“TRADITIONAL DISHES”



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Chicken and dumpling soup

SUPA CU GĂLUȘTE



INGREDIENTE: carne pasăre, morcov, țelină, ceapă, sare, pătrunjel, griș, ouă



Chicken and dumpling soup

SUPA CU GĂLUȘTE

• **Ingredients**

For the soup

- chicken stock
- 1 onion, diced
- 2 carrots, diced
- 1 small leek, sliced
- 1/2 swede, diced
- 1 garlic clove, crushed
- olive oil,
- fresh herbs

• **Ingredients**

For the dumplings

- 1 egg
- 10 tbsp of plain flour
- 100 ml water

Chicken and dumpling soup

SUPA CU GĂLUȘTE

How to make it

- Gently fry the onion in olive oil until translucent
- Add crushed garlic, followed by vegetables and cook for a five minutes
- Pour the chicken stock, bring soup to the boil, reduce the heat and simmer for 15 minutes or until the vegetables are cooked
- Meanwhile, mix all the ingredients for the dumplings. You will end up with sticky batter.
- Rinse a teaspoon under cold water. It will help the batter to come off the spoon more easily. Dip a teaspoon of batter into the pot with simmering soup and let it fall off the spoon. Repeat the process with the remaining batter.
- When the dumplings float to the top of the soup, simmer another minute until ready. Check seasoning with salt and pepper and serve sprinkled with herbs.

Romanian Stuffed peppers



Ingrediente: carne porc+ vită, ceapă, orez, bulion, roșii, pătrunjel, sare, piper, ouă,

Ingredients:

6 peppers

500 g minced meat

1 onion

2 tablespoons of rice

2 large well-cooked tomatoes (or 1/2 can of minced tomatoes)

50 ml of oil

pepper & salt
green parsley



Romanian Stuffed peppers (Ardei umpluți)

How to make

1. Wash the peppers and cut each cap .Remove the seeds from the inside.
 2. Let the chopped onion simmer in oil for 2-3 minutes until the onion becomes glassy. Then add the rice and simmer for another 2 minutes. Allow the mixture to cool.
 3. Now it is the time to preheat the oven to 190 degrees, to be warm for the peppers to be cooked in.
 4. In a bowl put the minced meat and season it with salt and pepper.
 5. Put the onion and the rice over the meat, add a little finely chopped green parsley and mix well the composition.
 6. We fill the pepper, without pressing to allow the rice to swell. Above the filling we place a slice of tomato so the filling remain inside while cooking.
 7. Put the peppers in a saucepan
 8. We make a cold sauce of chopped tomatoes, a tablespoon of oil, salt, pepper and about 300 ml of water. Pour the sauce over the peppers in the saucepan. The sauce should cover the peppers no need to fill the pan.
 9. Cover the pan with a lid or aluminum foil and bake for 60 minutes, enough time for the rice and the meat to be cooked.
- Take the foil aside, sprinkle the peppers with the sauce in the tray and leave them in the oven until they are beautifully browned.
- They are delicious and flavoured. They can be served plain, with cream or fat yogurt, as you prefer.

Dracula's Tochitura - a pork stew.

Tochitura is a traditional Romanian dish - each region of the country has its own version.



Dracula's Tochitura Recipe

Ingredients

**500 g boneless pork meat
smoked sausages
1 red bell pepper, finely chopped
1 green bell pepper, finely chopped
1 yellow onion, finely chopped
2 tomatoes, finely chopped
6 cloves of garlic, minced
Salt & black pepper
5 tbsp of vegetable oil
ME HOW
1/2 cup water**

How to prepare

**Dice the pork meat and smoked sausages into 1 inch pieces
Add vegetable oil and 1/2 cup of water into a large saucepan
Heat over medium temperature until oil is hot
Add the pork, allowing meat to cook for approximately 1 hour
Add all the vegetables and continue to cook, stirring occasionally
Season with salt and black pepper**

Ingrediente: ouă, smântână, brânză, carene porc, mălai, castraveți murați



Serve Dracula's Tochitura with “Bulz” and polenta topped with a sunny-side up egg !

- **Bulz** is a traditional Romanian meal made with polenta and cheese. In most cases, shepherds baked their bulz directly on open fire; it is shaped as polenta balls stuffed with sheep cheese. These lumps of polenta with sheep cheese are also known as '*urs de mamaliga*' (polenta bear) or '*gasca de mamaliga*' (goose polenta).



The basic recipe is as following: prepare a medium-hard polenta made of:

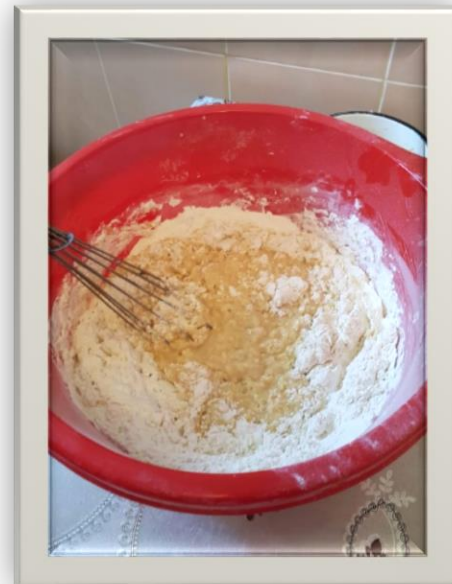
- **3 cups of water;**
- **1 cup of corn flour;**
- **A pinch of salt;**
- **Optional you can add some butter.**
- **In a large pot bring water to the boil, add a pinch of salt. Add slowly a handful of corn to the boiling water. Stir quickly to avoid lumps. Cook for 20 minutes, stirring constantly. Polenta will become very thick while cooking. It's ready when it comes off easily from the pot. Pour polenta and let it cool for a while.**
- **Next, we take a piece of polenta, the size of a fist, and give it a round shape (approximately the size of a medium apple). Then you fill the polenta balls with butter, chunks of sheep cheese (branza de burduf) or you can add small bits of ham, ensuring that the filling is completely enclosed. Place the balls in the oven or on a grill until it becomes crispy on the surface.**

Romanian Easter and Christmas Sweet Bread

COZONAC



**Ingrediente: pentru aluat :ulei, ouă, făină grâu, drojdie, sare
pentru umplutură – cacao, zahăr, nucă, rahat**



- **Ingredients**

- **The dough:**

- 1 cup milk
- 3/4 cup granulated sugar
- 3/4 cup butter 170 grams, cut up
- 720 grams bread flour 6 cups
- 2¼ teaspoon active dry yeast 8 grams
- 1 tablespoon orange zest grated
- 1 tablespoon lemon zest grated
- 3 eggs room temperature
- 2 teaspoons vanilla extract
- 1 tablespoon rum
- 1/2 teaspoon salt

- **The filling:**

- 1 cup milk
- 3/4 cup granulated sugar
- 200 grams walnuts or almonds finely ground, about 2 cups
- 1/4 cup rum
- 1 teaspoon orange extract
- 1 tablespoon orange zest
- 1/2 teaspoon ground espresso powder
- 1/4 cup cocoa dutch processed
- 1/2 teaspoon vanilla extract

Topping:

- 1 egg lightly beaten
2 tablespoons of sugar

Instructions

The dough:

- In a small saucepan over medium heat, whisk together the milk and sugar.
- Add the butter and stir until butter is almost melted. Remove from heat and set aside.
- In a large mixing bowl of stand mixture, with the paddle attachment, combine about 1½ cups of flour with the yeast.
- Add the milk mixture and combine on low speed for 2-3 minutes. Note: liquid ingredients should be lukewarm
- Allow the mixture to rest for a few minutes.
- In the meanwhile, grate the orange and lemon zest and set aside.
- With the mixer on low speed, add the eggs. Scrape down bowl and mix for about 1-2 minutes.
- Add the vanilla extract, rum and salt.
- Switch to dough hook.
- Add the rest of the flour and knead for a few minutes.
- Add the citrus zests and continue to knead for about 6-8 minutes or until dough is smooth and elastic. NOTE: If you find that the dough is still sticky, add a few more tablespoons of flour.
- Place the dough in a lightly greased bowl (with butter). Make sure to turn the dough over in order to completely coat the dough with the grease.
- Cover with plastic wrap.
- Allow to rise for about 2 hours or until double in size.
- In the meanwhile, prepare the filling.



- **The filling:**
- Over medium heat, in a small sauce pan, whisk together the milk and sugar.
- Add the almonds and stir until a paste-like consistency is reached. This should take about 15 minutes. Stir often.
- Add the rest of the ingredients and continue to stir until a paste like consistency is achieved.
- Set aside to cool.

How to make the cozonac:

- Preheat oven to 350° F. Place oven grate to bottom third. Line 2 (9 x 5 inch) loaf pans with parchment paper.
- Punch down the dough and divide into four equal parts.
- On a lightly floured wooden board, roll out each section into a large rectangle (about 11 x 14) and spread out the nut mixture to within 1/2 inch from the ends.
- Starting from the long end, roll the dough to form a log. Repeat with the rest of the dough and filling. Pinch the ends and the seams together.
- Twist two pieces of log together and place in prepared loaf pan.
- Brush the tops with a beaten egg and allow to double in size. This can take 45- 60 minutes.
- Sprinkle a little sugar over the top and bake for about 45 minutes. Feel free to place a piece of aluminum foil loosely over the tops to prevent over browning.
- Allow to cool completely before slicing them.